

# Vegetables harvested at La Senita school

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KINGMAN, Ariz. – Members of the La Senita Garden Club harvested winter vegetables at their biweekly meeting Monday. The vegetables were grown in a small greenhouse and in small plots surrounding the greenhouse.

Students from the fourth and fifth grade classes volunteer for the agriculture related science "hands on" activities. Cabbage, broccoli and green cauliflower was planted in the fall in outside beds and portable pots made from five gallon buckets. A watering system using plastic pipe allowed the buckets to be watered just once per week.

Members of the Mohave Master Gardener and the Kingman Cerbat Garden clubs volunteer to share their experience and love of growing plants with the students. The winter plants had edible parts cut and the students ate the raw cabbage and broccoli like it was candy.

The freshly harvested vegetables maintain a higher percentage of nutrients than the ones shipped to and purchased from local stores.

Nina Brackett, coordinator of the program in Mohave County for the University of Arizona Ag Extension Service, said the information and hands on activities relate to the plant science curriculum introduced in the fourth and fifth grades.

Both the student's classroom teachers and parents attended the Monday session.

The Mohave County School Gardening Program is funded by the University of Arizona County Cooperative Extension Office and the Mohave County Superintendent's Office of Mike File to integrate hands on learning and compliment subjects including science, math, language arts, social studies and art.

A variety of programs are ongoing in public and charter schools throughout Mohave County.